



## **DRYLAND 2011**

**TRAIN LIKE THE PROS** utilizing cutting edge training programs,  
**Cyclepathic Indoor Cycling and our *NEW WOODWAY BLADE Skate treadmill***

**The OSPC Team has taken Hockey Dryland Training to the next level.** Where your son or daughter plays next season begins and ends with the quality of their off-season training. The OSPC offers every athlete the edge necessary to head into try-outs or training camps in the best hockey condition possible. Our team from last summer is back with Scott, Nick, Matt and Eric and is joined by Chris Smith and Taurean White comprising the most comprehensive training team Ottawa has to offer. In addition to Ottawa's top coaching team we have doubled our training area, added an indoor cycling studio and the Blade skating treadmill. Top players at every level in Ottawa train at the OSPC and all it takes is one visit to see why we are the home of hockey dryland strength and conditioning in Ottawa.

### **Your program is comprised of three phases:**

Phase 1 - Rebuilding the Body – allow the body to recover after a long season with a focus on re-building core strength, balance, aerobic capacity flexibility and coordination ensuring a solid training foundation.

Phase 2 - Full Body Strength and Anaerobic Conditioning – this phase takes on a more dynamic full body approach to strength and conditioning. With the introduction of more challenging exercises, the body is forced to move through higher volume of exercises increasing their anaerobic capacity, rotary strength and deceleration to acceleration skills.

Phase 3 - Explosive Speed and Reactivity - the final phase puts it all together with powerful exercises to increase that ever important first step quickness and incorporates combative exercises ensuring athletes win the battles for the puck.

### **All Programs run from May 24th to August 26<sup>th</sup> and costs are as follows:**

Young Guns (1998 and younger) - 2 days per week – 39 sessions - \$780 +HST

Bantams, Midgets, Elites (CJHL, OHL, NCAA, etc.)

- **Option 1** – 3 days per week – 59 sessions - \$950+HST.

- **Option 2** – 3 days per week until June 24<sup>th</sup> and then 5 days until Aug 26<sup>th</sup> – 81 sessions - \$1275 +HST.

Pros (NHL, AHL, and Euros) – custom program depending on when your season ends – cost to be determined

**Dryland 2011** will sell out so please register **ASAP**. A \$200 deposit is required upon registration. Registering early will also increase your chances of training with the group and time that you desire. Finally - register before Feb 28<sup>th</sup> and receive 3 free training sessions on the Blade!

For more information check out our website at [www.train4sport.ca](http://www.train4sport.ca) or even better contact Scott Heffernan at 613-737-0097 or [scott@train4sport.ca](mailto:scott@train4sport.ca).